

# SERENITY

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*OCTOBER 1978 VOLUME VII, No. 10*

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*Presenting The Living Light philosophy and  
features of interest to spiritually-minded people.*

*Serenity*

*Sentinel*

*VOLUME VII, No. 10*

*OCTOBER 1978*

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# *Survival, the Miracle of Life*

*by Richard P. Goodwin*

In speaking on the subject of *Survival, the Miracle of Life*, we all, of course, personally relate to that topic. In the many experiences that we encounter in this earth realm, we always and shall forever survive them. There are still some people in the earth realm here with us who are under the illusion and the false belief that to leave this earth realm is to finish or to end any and all experiences, and to end life, because life itself and all of nature is a living demonstration that the minds of men can change many things. But they cannot change the very principle of life itself. We cannot in and of ourselves begin life, and that that we cannot

begin, we certainly do not end. When we leave this earth realm in this seeming miracle of survival, we take with us all our thoughts, all our emotions, and all our attitudes, all of our feelings, and all of our experiences. Whether or not we continue to live with those experiences, the ones we enjoy and the ones we do not, is ever dependent upon the control that we have gained of our own mind.

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*... struggling and ...  
suffering is an error in  
our thinking.*

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As freedom is an effect, not a cause, of the control of the distractions of the human

## *SURVIVAL, THE MIRACLE OF LIFE*

mind, so it is ever dependent upon man himself, in his choice and in his efforts, whether or not he will enjoy the peace and the harmony, the abundance and the good that life has to offer. For if he does not enjoy it this moment, then he is not going to enjoy it the next moment unless a change within the consciousness takes place. Because we have, by our own Divine evolution, earned or merited what is called "free choice," we alone set our destiny into motion.

No one, and nothing, can change our life but ourselves. But because we do have that choice, we can do that at any moment that we so choose. But we must first learn to accept that we are in truth the masters of our ship; that we are in truth the captains of our destiny. Once we have accepted that, we start upon the path of freeing ourselves. For in the experiences that we encounter in life, the ones we like and the ones we don't like, we personally relate to the responsibility of them. Whenever we permit our mind to dictate the illusion that the cause of anything is outside of our own thought and our own mind, then we cannot have the peace, the abundant goodness that life in truth is offering to

all creation.

So it comes down to the same teaching that has been given to this earth realm for untold centuries. Again and again, the spirit tells us and has through all philosophies, for man to know himself. Are we, the question must be asked by ourselves, are we making that effort on a day-to-day basis? Are we truly making the honest effort to know ourselves? Because we cannot change what we do not know. Therefore, we must begin with the effort to know ourselves, to know why we feel rejected, to know why we are not healthy, wealthy and wise. For there is always a reason and that reason exists within us. Why should we suffer through life when life was not designed to be suffered through? It is not our purpose in coming to earth to struggle and to suffer. The struggling and the suffering is an error in our thinking. And when we correct that error, the suffering and the struggle will no longer be existent for us.

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*It is in the acceptance  
of anything that the law is  
established to experience it.*

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Many, many people have tried and have taken away their physical life by self-

(continued page 5)

*Hassein describes the inhabitants of the astral plane.*

# A WANDERER *in the* SPIRIT LANDS

*by Franchezzo*

## CHAPTER XVII.

### THE ASTRAL PLANE AND ITS INHABITANTS— SPOOKS, ELVES, VAMPIRES, ETC.

*Continued from last issue—*

“Another class of elemental astrals are those of the earth, air, fire, and water, whose bodies are formed from the material life germs in each element. Some are in appearance like the gnomes and elves who are said to inhabit mines and mountain caverns which have never been exposed to the light of day. Such, too, are the fairies whom men have seen in lonely and secluded places amongst primitive races of men. Such, with the variations caused by the different natures of the elements from which they are formed, are the water sprites and the mermaids of ancient fable, and the spirits of the fire and the spirits of the air.

“All these beings possess life, but as yet no souls, for their lives are drawn from and

sustained by the lives of earthly men and women, and they are but reflections of the men amongst whom they dwell. Some of these beings are of a very low order of life, almost like the higher orders of plants, except that they possess an independent power of motion. Others are very lively and full of grotesque unmeaning tricks, with the power of very rapid flight from place to place. Some are perfectly harmless, while others again are more malignant in their instincts as the human beings from whom their life is drawn are of a more savage race. These curious earth elementals cannot exist long amongst nations where the more intellectual stage of development has been reached, because then the life germs thrown off by man contain too little of the

*(continued page 30)*

## SURVIVAL, THE MIRACLE OF LIFE

*continued from page 3*

infliction called suicide. But that is all they have removed —is a physical body. They have not removed the cause, they have not removed the thoughts in their mental body for the mental body is composed of mental substance and they cannot destroy it. So we must look at this beautiful, seeming miracle of life. No matter what we do, and no matter what we don't do, we will continue on in the stream of consciousness called life eternal, for that is what life truly is.

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*It is when we accept the right of anything that we become freed from the control of it.*

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If, in your thinking, you say to yourselves, "Well, I do not recall any experience prior to earth." How much of experience do you recall when you were two or five years old? But those experiences, they exist, they exist within consciousness, in your consciousness, in my consciousness. To become aware of them, we must first free ourselves from the limited thinking of identifying with this limited earth experience. We must first accept the possibility of a broader horizon. It is in the

acceptance of anything that the law is established to experience it. So remember, when we accept the right of everything, we move in consciousness to a Divine realm of neutrality for Infinite, Divine Intelligence, or God, accepts the right of everything, and, therefore everything exists. It is when we accept the right of anything that we become freed from the control of it. For example: if we have in our thinking disturbances and we permit our minds to dictate that we are not happy because of a job, because of a wife, or a husband, or a person, then we establish the law through which the thoughts, acts and activities of that person controls our life. Because

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*If we believe there is not enough for everyone, then that very belief is a denial of the abundant goodness of God. And we must pay the price of our judgments.*

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we, in our thinking, have established the delusion for us that this or that job, or person, or thing is the true cause of our experiences in life. Those delusions indeed are plentiful in the errors of our ignorance. Indeed they are the true and only cause of our problems and our struggles in

*(continued page 7)*

## Visitors' Views

"Balance is a word often used to describe a state of being, be it mental, spiritual and physical. This morning's service offered a balance of a unique type to me. The readings offered a lot of insight. The service was good because it dealt with the group and the individual." H.L.

\* \* \* \* \*

"A line was said today to the effect that if one identifies with personalities one loses the principle. The service today as it was presented gave me an opportunity to do this—be aware of the principles—for the first time in my experience."

\* \* \* \* \*

"Warm and loving. I will definitely come again. I felt more at home here than in any other church I have been in and have been in quite a few." D.M.

\* \* \* \* \*

"I was most impressed."

"Thank you for sharing with me. I appreciated the comfort and warmth shown at my first visit. I feel at home with your attitudes and hope to come to even better understanding." D.H.

\* \* \* \* \*

"I felt warmth and sincerity in all the presentations by the members of this church. I have come to realize that Spirits are always with me to help and guide me. My thanks to everyone at Serenity." S.S.

\* \* \* \* \*

"A very marvelous way of teaching the truth." S.G.

\* \* \* \* \*

"I was quite impressed. It was really an enjoyable and new experience." G.T.

\* \* \* \* \*

"It was a very positive and spiritual experience. I enjoyed it very much." R.

## SURVIVAL, THE MIRACLE OF LIFE

*continued from page 5*

life. For when we permit that type of thinking, we deny the right of expression of one of God's children. And in that denial is the law of bondage for us established. We lose our peace of mind, we lose our joy and happiness. Those are the things that we must sacrifice—a few of the things—for rising with such authority to deny the right of Infinite Intelligence to express in any way that it so chooses. However, if we look at those around and about us, at those people with whom we are personally involved and related, and we ask ourself the question, "This experience I am finding not to my benefit, the cause I know is deep within my own consciousness—it is in truth a judgment that I have made in my life—the judgment may have served me well when I was six or seven." We must first find within our memory par excellence when the judgment was made and why it was made. Then we will realize, beyond the shadow of any doubt, that that judgment in truth did not serve us well, and certainly is not serving a good purpose for us today.

For all feelings of suffering, for all feelings of rejection, all feelings of limitation, all feelings of lack, all discordant

thoughts and feelings are the children of denial because we have denied in our own mind the right to the abundant good of life. We have denied the right of abundant good for us through an error in our thought by believing that we may attain the fullness of life in keeping with rigid set judgments that we have accepted in our life.

To God, or the Divine Intelligence, which exists within, and around and about us, all things are possible. Man's only limit or struggle is what his mind dictates. There is enough for everyone. If we believe there is not enough for everyone, then that very belief is a denial of the abundant goodness of God. And we must pay

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*... never suppress desire, for  
to do so leaves it unfulfilled,  
and like a plague, it grows  
within your consciousness.  
Educate it or fulfill it.*

---

the price of our judgments. We must pay the price of our denials. It is in the payment that we suffer. But we must all pay. And we are all paying. There is no credit in the evolutionary process of life. Each step along the way we are paying for. But we can, in making these payments, make them in a harmonious way by accepting

*(continued page 9)*

“ Slowness and coldness are the parents of darkness and death.”

# Views of Our Heavenly Home

by Andrew Jackson Davis

## THE INHABITANTS OF THE EXTERIOR PLANETS

*Continued from last issue—*

This principle works out the same effects in mind as in matter. You cannot impart an idea to a mind until you first arrest that mind's attention. The momentary arrest of its inherent motions develops, first, *heat*, which is evolved by the suddenly increased action; and, second, its heat develops *light*, which, in ordinary language, is “the idea.” Action or motion, then, is the parent of heat and fire. But, in one operation of this principle, the primary motion is, for an instant, *first arrested*. Thus a mass of matter, whose component atoms are suddenly arrested in the sphere or plane of its greatest velocity, will immediately by resistance evolve more or less of light, electricity, magnetism, gravita-

tion, and dynamic force.

Now you will observe that the results depend largely upon the size and weight of the resisting body. Far up in the air, although *nearer* the sun, the cold and the dark are appalling. Because the sun's heat and light meet with little or no resistance; and for the same reason, although further from the sun, the earth is flooded with both heat and light. Thus it is that small globes and world-building bodies millions of miles nearer the sun than the earth, may be comparatively engulfed in perpetual night, and may exist in low temperatures; while globes, which are revolving hundreds of millions of leagues further from the sun than the earth, may, because of their greater resisting magnitudes and

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## *SURVIVAL, THE MIRACLE OF LIFE*

*continued from page 7*

perhaps for many, for the first time in their earth experience, by accepting the very cornerstone upon which this religion is founded — the cornerstone of personal responsibility — that each and every soul has the ability to respond to all of the laws that it establishes. For man, we ourself, are a law unto ourselves. Let us use those laws in our life. Let us use them wisely for they were intended by Divine design to be guidelines along the way that we may know beyond the shadow of any doubt that our heaven exists within us. That we do not need to wait for who knows how long for Gabriel to blow his trumpet. The only trumpet you will ever hear is the sound of the echoes of your own unfulfilled desires.

This philosophy very clearly states, never suppress desire, for to do so leaves it unfulfilled, and like a plague, it grows within your consciousness. Educate it or fulfill it. How does man educate his desire? We have stated many times by casting the light of common sense upon it— the light of reason that has Total Consideration. Stop and think, in the course of one day untold thousands of desires speak within your mind. Some

of them you are consciously aware of, most of them you are not because there are so many that are calling and demanding energy, attention from you. That's known as the experience of "time pressure." There is not enough time for this, and there is not enough time for that because this great hailstorm of unfulfilled desires keeps raining upon our peace and our harmony. No one person in any universe can do everything, but we can do some things. And the some things that we choose to do, let us do them well, or not at all for to do that that we choose to do, and to do it well, is a demonstration and a revelation of consideration. When you have Total Consideration, then you have the love of God flowing in any of your endeavors.

---

*There is no credit in the  
evolutionary process of life.  
Each step along the way we  
are paying for.*

---

Let us reassess our lives today. Let us choose wisely our priorities. And then I can assure you, we will find time and energy for all of the things that are truly worthwhile to bring us this goodness of life. But, friends, we all know what it is like to blame another for

*(continued page 11)*

## nvocation

*Thank you, God, for good and not good, positive and negative, spiritual and not*

*spiritual, for without them all there would be no growth to Thee.*

## eading

*As we pass along the spiritual path, some of us fall into what might be termed "the goody-two-shoes" vibration—a "holier-than-thou" attitude of mind. It usually occurs at the point in our journey when we have become somewhat aware of our thoughts, have a degree of understanding of the universal laws, are attempting to apply them, and to stay in higher levels of consciousness. Generally, it occurs when we are confronted with negativity and disinterest in spiritual matters in those with whom we come into contact.*

*The Living Light philosophy teaches that unsolicited help is to no avail, that we are all a part of the brotherhood of man, and that which affects one affects all. It also teaches that we have a duty to counteract negativity and to use the Divine energy flowing through us to lighten another's path. It is the level of consciousness that we are coming*

*from when we face negativity that determines the result. For if we come from a level of judgment that the other person is negative and we are not going to accept that level, then we fall into the "good-two-shoes" vibration with our sanctimonious attitude, having judged another soul. However, if we meet the negativity with compassion, tolerance and understanding of the person's right to express on that level, then the result will be that the positive levels in that person will rise and he will be touched by the light within us. He will view his own goodness reflected in our eyes.*

*It is when we exercise these soul faculties of duty, gratitude, tolerance and love toward our fellow man that we are in harmony with God's Divine energy which flows through us to heal another. We cannot be spiritual islands unto ourselves. We truly do need one another.*

## enediction

*God, help us not to be judge and jury of another,*

*but to look for the good in everyone.*

## *SURVIVAL, THE MIRACLE OF LIFE*

*continued from page 9*

our frailties and for our unwillingness to make the changes we know we must make. It is such a waste of effort, it is just a waste of time and energy, and it is truly such a waste of life to blame another person because we feel miserable, to blame another person because our unfulfilled desires are not being fulfilled. It's certainly a long ways from growing up emotionally.

---

*... to do that that we choose to do, and to do it well, is a demonstration and a revelation of consideration.*

*When you have Total Consideration, then you have the love of God flowing in any of your endeavors.*

---

Let us pause when the thoughts of blame enter our minds, and let us put the light of common sense upon it. And then sincerely make the effort to bring about the changes within our own thoughts that will grant us in life what we are truly seeking.

To those many souls who yet remain in those astral realms, who having faced disturbing experiences here on the earth realm, they live with the many forms created by their mind. Because those forms were not harmonious or

pleasant, they are discordant and disfigured. But they are only the effects of their own disturbing thoughts. You see, there is no escape from ourself. So let's first learn to know ourself. We can't escape from ourself, but we can change any part of ourself that we are not happy with. That that is inevitable a wise man faces fully in the here and now. He doesn't wait until he leaves this physical body and then sees in astral, mental substance the distorted forms of his distorted thoughts.

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*... it is truly such a waste of life to blame another person because we feel miserable, to blame another person because our unfulfilled desires are not being fulfilled.*

---

When we bring unity to our mind, we bring success to our life. And we are here in evolution to succeed. It has taken many, many centuries for our soul, which is our true being, to evolve and come to this earth realm. There is an insatiable part that keeps speaking to us to move ever onward. We know, we know deep within ourself that all of the goodness in life we are entitled to. And when we do not experience that goodness of life, we become frustrated; we

*(continued page 13)*

# NEWS and VIEWS

by Beverly Houser\*

A group of eleven children, ages 8 to 18, who are sick with leukemia, cancer and other serious illnesses, have written a beautiful little book\* in which very simply and clearly they demonstrate The Living Light philosophy that "peace is the power that healeth." With drawings, the children reveal their experiences and the things they are doing to heal themselves and each other. Their questioning of why this illness has happened to them, and their fears of what is going to happen to them are demonstrations of their desires to understand and to view the truth.

Under the guidance of Dr. Gerald G. Jampolsky, M.D., the children learn, and demonstrate with their drawings, that they have the choice of how they want to feel — that by thinking happy and peaceful thoughts they experience happiness, peace and love inside so that healing can take place.

It is with such simplicity that the drawings display the children's acceptance of themselves, their feelings, and experiences for they have seen the truth—that the past and future do not exist except in our thoughts, that the only moment anyone truly has is now, and that we have the choice of how we want that moment of now to be.

Because children have not been "in form" as long as adults, they are closer to God, and thus more receptive than adults to truth and attitude changes. These children display such wisdom and understanding of life and death that just reading the book is a healing experience. For the love expressed on the pages of this book truly does make dark clouds vanish and a rainbow appear. May that rainbow, God's eternal symbol of promise, shine upon these children and bring them peace, the power that healeth.

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*\*There Is A Rainbow Behind Every Dark Cloud.* (1978)  
Center for Attitudinal Healing,  
Tiburon, California 94920.

## *SURVIVAL, THE MIRACLE OF LIFE*

*continued from page 11*

become a house divided, for we know what our Divine right is. We know it deep within. And because we do not often experience the fullness of that Divine right, the frustration, the discord, and disturbance takes control of our life.

But I assure you the cause of the discord, the lack of not experiencing the fullness of life is only thoughts created by our mind that are not in harmony with each other. And so the war within continues on. And then slowly but surely, usually, our health begins to go. We begin to experience not only in the mental world, discord, but the physical body chemically begins to war against itself. Each thought of harmony and peace and goodness that flows through your mental body affects the chemistry of your physical body. This philosophy clearly reveals that each and every part of your human body is directly related to an attitude of mind existing on a level of consciousness. Many students have experienced the demonstration and have been freed from an untold number of so-called diseases. Because when you find the cause, the cure is ever evident.

So, my friends, in survival,

the miracle of life, in spite of our discordant thoughts, in spite of our errors of ignorance, we do survive. We not only survive here, but we survive hereafter. And why do you think they call it "hereafter" and not "somewhere else after?" Because it's not somewhere else after — a million miles in the sky called heaven. We go only from this

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*... the lack of not experiencing  
the fullness of life is only  
thoughts created by our mind  
that are not in harmony with  
each other.*

---

physical body to whatever body we have completed that our soul can express through—and usually that is a mental body, and it's quite well completed. How harmonious it is, is dependent of course upon oneself. So when we leave here, we are still here whether we like it or not. And we are still "hereafter" until we decide we have had enough of this realm and we start to make the decisions within our

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*Each thought of harmony  
and peace and goodness that  
flows through your mental  
body affects the chemistry  
of your physical body.*

---

own mind to get out of it.  
(continued page 38)

Ahrinziman's wife reproaches him for refusing the Prince's favor.

## *The Strange Story* of

# AHRINZIMAN

by Anita Silvani

*Continued from last issue—*

"A learned man is all very well in his way, no doubt," added she, "but the practice of healing will never raise thee to the position in the state which thou, as a warrior distinguished by the favor of a Prince, might attain. Thou hast told me oft that in thine early days the practice of arms was familiar to thee. Why then dost thou not avail thyself of so good a chance of adopting war as thy profession, especially as by so doing thou couldst still practice thy healing art upon the person of the Prince, and such of thy comrades as had the ill-luck to be wounded."

I was so much offended at this address that I scorned to explain to her my real reason, for I thought she showed but little anxiety about my personal safety, and was somewhat too eager to send me away from her. I was leaving the room in hot anger when she called me back, saying, "Return here, Ahrinziman,

thou art so impetuous and so quick of temper I see that thou art offended at my frank speech, and dost think I am careless of thy life. But it is not so. For I deem that thou bearest a charmed life, and I do not fear that even in battle harm would come to thee. Moreover," she added, touching my cheeks and beard caressingly with her finger tips, for I had returned to her side, "I am so proud of thee, and so sure thou dost only want opportunity in order to become as great as thou dost deserve to be, I would fain have thee to accept a chance like this, which fortune hath surely sent in thy way in order to help thee to that position in life to which I am most certain thou dost by right of birth belong."

She had touched now upon a subject about which I was somewhat sore, for I felt most keenly the mystery which surrounded my birth and parentage, and I would have given much to know to

## THE STRANGE STORY OF AHRINZIMAN

whom I of right belonged. My pride and my ambition caused me always to cling to the belief that I might be the son of the man who had given me the chain and spoken those strange words of affection to me. I was sure he was a person of distinction, but I knew not where to search for him. Nor was I sure that he would welcome me, for he had never come to see me but that one time. I had told Zuleika a great part of my history, only suppressing such portions as I thought it safest to abstain from confiding to anyone. She was very discreet, and capable beyond most of her sex of keeping her own counsel and another's secrets, and she had soon drawn from me all but what concerned my flight from the Temple and Jelal-ud-din's death. That I had practiced the arts of magic she knew, though not that my instructor in them was dead, and she had heard of my life in the mountains when a boy, and of my having joined the marauders of the hills for a time. Ambitious herself, she had fed the flame of my ambition, and encouraged me in the belief that some day I should attain a position worthy of what she held to be my distinguished parentage. And in alluding thus to my

birth and my ambitions she knew that she was advancing the strongest possible argument in favor of accepting the Prince of Persia's offer.

"Thou dost not need to urge me to consider again the chance I have missed, Zuleika, for I should have at once accepted it but for the thought of leaving thee. Now it is too late. I have declined it, and I shall not again sue for its renewal. I care not to solicit the favor of any man, be he Prince or King."

"Nay, but he may offer it to thee again, and if so thou wilt accept it, and when thou dost return a victorious conqueror I shall reward thee in any way thou dost desire most, and I will show thee how proud Zuleika is of her beloved."

She looked up at me with so much witchery in her dark eyes, and touched me so lovingly, that my gloomy suspicions were dispelled, and I embraced her in my joy and kissed her passionately.

Thus was my career changed; for, as Zuleika thought, the Prince was too anxious to have me with him to give up the idea lightly, and overtures were made to me through the Vizier, which I now accepted with a mixed feeling of pleasure and

*(continued page 17)*

# Dictionary of

## The Living Light Philosophy



*D*iscouragement is not a spiritual experience but is in truth a resignation by the human mind that it cannot control what is not within its domain.

*E*volution — The principle of evolution is that all things, by they physical beings, be they thoughts, or whatever they be, they go out into a so-called world to grow and be refined only to return to their source.

*E*xperience is not life. Experience is the effect of man's view of the law of life.

*N*eglect — When we view what "needs" truly are, from a realm of reason and objectivity, we see that they are merely the effects of neglect. Whatever man neglects is destined to cry for attention

and energy. And so it is the business of life to be awakened that we may view clearly our own neglects. If we work, which is our right to do so, then we are not in the needs of the many things that we desire, for those needs are filled, for we no longer neglect the very process necessary to bring unto us that that is rightfully ours. Man's right is the right of the Divine to the goodness that life has to offer. The suffering of life is the neglect of life. Why does man neglect? Because man has risen in his self-importance and is dictating to Divine Infinite Intelligence how all of his life shall be. He no longer flows in the stream of harmonious consciousness. He tries to stop along the shore, and in that effort he suffers because he denies the right, God's right to all experience and all expression. And that that we deny in life becomes our own destiny.

## THE STRANGE STORY OF AHRINZIMAN

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reluctance, of satisfaction and foreboding of some coming evil.

My forebodings were not however fulfilled very quickly. Zuleika went to reside under her uncle's care during my absence, and when the time of our parting arrived showed the amount of emotion which was becoming on such an occasion. She perhaps a little overacted the part, but she did it very gracefully, by no means disfiguring her charming countenance with an excess of tears, yet making up by appropriate expressions of her feelings in words for any lack there might be of them, and I left reassured as to her fidelity to me. I did not, however, suspect that my wife had already been seen by the Prince of Persia, and that it was only his sense of the gratitude he owed me which prevented him from trying to possess himself of her. The Vizier, having repeated to the Prince my remarks about my attachment to my wife, he had conceived a desire to see the lady, and to judge for himself of the power of her charms. By bribing some of my servants the Vizier had contrived that the Prince should conceal himself in my garden, and behold Zuleika when she was walking there

alone and unveiled.

Zuleika was supposed to be ignorant of this little plan, but in truth she had been cautiously informed by one of her women, and it was by her connivance that it was carried out, the idea that the Prince wished to see her secretly having fired her imagination and flattered her vanity.

The expedition to which I was attached was one sent to quell a revolt in one of the minor dependent provinces, and the Prince had been given the command by his father as much to remove him from the court as to afford him a chance of distinction. I soon learnt from those about the Prince that he and his father were not always upon the best of terms, since the Prince sided with his mother, between whom and the King there had been a marked coldness, almost amounting at times to open enmity, for many years. The Ameer of Afghanistan, being a kinsman of Queen Artemisia, had allowed the Queen and her son to retire more than once to his court, leaving the King of Persia for considerable periods, and Queen Artemisia was more than suspected of engaging in constant, though hitherto unsuccessful, plots to dethrone her husband and place

*(continued page 19)* 17

Continuing illustrations of effects of mind upon the unborn child.

# THE P E N E T R A L I A

BEING HARMONIAL ANSWERS TO IMPORTANT QUESTIONS

*Continued from last issue—*

*by Andrew Jackson Davis*

## QUESTIONS ON THE MARTYRDOM OF JESUS

Are there other illustrations of the marvellous effects of mind upon the unborn child?

. . . But the spiritual visitor soon allayed her anxiety, by saying: "Fear Not—thou shalt bring forth a son, and thou shalt call his name *Jesus* . . . he shall be called the son of the Highest . . . he shall reign over the house of David for ever . . . and of his kingdom there shall be no end." In due course of time this woman's impressible imagination was operating, with full belief, expecting the literal fulfillment of her vision. The result was accurately daguerreotyped upon the spirit of her unborn babe. And this person lived and died on the scene of history, as if his whole soul — impelled by some supernatural predisposition—was struggling to fill the sublime and im-

mense measure of his mother's dream!

What is there so wonderful in a name?

"Jesus" is the Greek for the Hebrew word "Joshua;" and the term "Savior" is the English rendering. The word "Christ" was annexed to distinguish him from many others bearing the first name. "Messiah" is the Hebrew for the Greek word "Christ;" and the term "Anointed" is the English translation. The Jews called every political or religious Chieftain *the Lord's anointed* — because their doctrine was theocratic — thus, Saul and David and Solomon were considered the especial Agents of God; and Isaiah calls Cyrus "the Lord's anointed" which is the same as the word Christ, or Messiah. "Christ" is a term which literally signifies a divinely-commissioned agent  
*(continued page 40)*

## THE STRANGE STORY OF AHRINZIMAN

*continued from page 17*

her son upon the throne.

Prince Selim himself, was, as I had seen at first, somewhat weak of will and easily dominated by those around him, and the strong will of his mother kept him in constant subjection to her wishes; the more so as there was a strong, even passionate, attachment between them, while towards the King the son felt an indifference and almost dislike, born no doubt of the divided feeling between his parents.

To me the young Prince soon showed a strong disposition to attach himself, partly due to the influence I had to gain over him in order to protect him, and partly to a feeling that I was to be thoroughly relied upon as his faithful follower, as in very truth at that time I was.

We experienced some sharp fighting and had by no means an easy task in suppressing the revolt, and once engaged in the realities of warfare I found little time to think of domestic matters. The stir and bustle of a camp were very congenial to me, and there was pleasure in serving with highly trained regular troops far superior to fighting in a promiscuous melee with an insubordinate mountain tribe where each

man thought himself as good as his leader, and where little or no discipline prevailed.

All my instincts of a warlike nature revived. I learned the various arts of strategy from the experienced General who served nominally under the Prince, but who was in truth our real leader; and as I was high in favor with Prince Selim I was rapidly advanced from one post of honor to another, those who envied my success deeming it well to feign a friendship for me if they did not always feel it.

My knowledge and skill as a physician made me of still more importance, not alone to the Prince, but to my comrades, and for a considerable time I appeared to justify Zuleika's belief that I bore a charmed life, for I escaped any serious wound.

At last, however, I had the misfortune to receive a dangerous thrust from a spear, and as I lay on the ground some of my comrades' horses were driven in the tide of battle over me where I lay, and I was still further injured by their hoofs, so that the fight, being at last gained by our side and the enemy beaten back, I was picked up scarcely alive and carried to my tent, where I lay for many weeks in extreme danger.

*(continued page 21)*

Most spirits prefer to be known by their teachings, not their names.

# A Guide to Mediumship

## and psychical unfoldment

E. W. & M. H. Wallis

### CHAPTER IV.

#### PRACTICAL ADVICE TO SENSITIVES

*Continued from last issue—*

There is only one way to develop as an inspirational speaker, and that is to *try*. Take every opportunity to *express* the thoughts that come to you. Speak, and fear not. Facility of expression will come. You cannot expect that ideas will be poured through you unless you let them flow. Study elocution, if you like; the *way* in which things are said is very important, seeing that it has great influence upon the hearers. Do not be troubled about who the inspirers are if you receive and express bright, true, rational, and helpful thoughts. If you utter the thoughts that come to you others will follow, but if you do not speak out your first thoughts you cannot expect that others will be given. You may know before you speak what is going to be said—even so, out with it, and let

the sitters judge as to its value.

Most mediums find that their powers vary. Sometimes there seems to be a high degree of lucidity. The impressions which they receive are clear and strong; the ideas seem to flow through them freely, and the quality of the inspirations is exhilarating, and they feel strengthened and uplifted. But there are other days when they feel very much *alone*. The influence that effects them is weak; they get only hazy impressions, and there is a woeful lack of ideas. It seems as though the heavens were brass, or they themselves were unresponsive. They know not why, but whatever they can 'lay hold of,' so to speak, or whatever the spirit people can project into their sphere seems forced and incomplete. If you should have these experiences, turn your attention to something else. Do not  
(continued page 28)

## THE STRANGE STORY OF AHRINZIMAN

*continued from page 19*

At last I began to rally, and the siege of the city we had attacked being by this time over, I was granted leave to return to my own home in the city of Herat to rest and recover my strength.

My reception by Zuleika was all that I could desire, and more than repaid me for the separation and suffering, while I could not but wonder how I had so long been content to lead a quiet studious life in that dull hill city.

### CHAPTER XVIII — MY PRISONER

On my return to the army I found that all was in a state of bustle and confusion in consequence of the news that had just been received of the sudden and unexpected death of the King of Persia, and the consequent necessity for the immediate return of his son. The Prince, or, as I must now call him, the King, was about to set out upon his return to the city and palace where his father had died, and I, as a matter of course, was expected to accompany him.

We had reached to within two days' journey of the city, and were resting for the night, when a messenger arrived with a letter from Queen Artemisia to her son, after reading which he summoned me to his presence, and addressing me said:

"Ahrinziman, thou art I believe faithful to me. Among all around me thou art the one I would most readily trust as being truly faithful to my in-

terests, and therefore I desire to send thee to receive the charge of a prisoner who hath been found conspiring already against me, and whom my mother hath thought fit to arrest and send to the fortress of ————. But as he is a man who held great power under my father, and was very popular among the soldiers, it were unwise to confide the charge of him to any who have been his friends in the past, and I desire, therefore, to send thee with a troop of horsemen to conduct him to the fortress, where thou shalt hand the charge of him over to the Governor, who hath already received instructions how to deal with his prisoner. Thou wilt start at once, and the messenger who brought this letter will conduct thee to where the prisoner now awaits thy coming. Thou wilt then join me at Parsagherd."

*(continued next issue)*

Man, physically, intellectually, and morally, is a *production*.

## iscourses

from

# *The Spirit World*

*Dictated by Stephen Olin through Rev. R. P. Wilson, 1853*

### DISCOURSE III. — THE KINGDOM OF GOD IN MAN

*Continued from last issue—*

It must be recollected, that the All-pervading Mind of the universe “lives through all life;” that he “fills all things;” and consequently the principles of progressive development, being inherent in the elementary substances of man’s nature, attract, in successive order, from surrounding conditions, the elements of immortal existence. Thus as the physical man is being developed, his members, although in an “imperfect” state, are successively “written, which in continuance are fashioned” in the human form, until there is a completeness of parts—until the *parts* thus formed commence performing their functions, though feebly and in an embryo state. And while the physical is thus growing in “stature,” the spiritual also, within the physical, is being developed by the

agency of the acting powers and forces concentrating their influence toward a higher life. Man is thus produced. The further development of his higher nature will depend—1st. Upon the qualities of organic life previously imparted; 2d. Upon the education received; and 3d. Upon the circumstances attending the process of development. Thus man—the *true* man—continually *grows*, and will for ever expand and unfold his God-like powers and capabilities of enjoyment.

We will consider, secondly, the method of developing within man this spiritual kingdom. But previously we will briefly glance at the means now in use by the religious world to accomplish this object. It is admitted by theologians that the “kingdom of God” has reference to man’s spiritual nature. Yet the

## DISCOURSES FROM THE SPIRIT-WORLD

method of developing this nature is unnatural and contrary to the true interests of the Spirit-nature. And, first, a mysterious process is taught as necessary to unfold the higher life of man. The natural birth is referred to as corresponding to the Spirit's birth. This figure is partly true, but does not fully illustrate the manner of unfolding the "inner man." The Spirit of man dwells within the body, and is *born* as soon as it. Yet the higher form of the Spirit's life is not evolved until some time afterward, and when all the circumstances are of a favorable character.

The body of man is his lowest and most external form of existence, while the spirit is internal and of a superior nature. The difference of the figure consists mainly in this — that in the Spirit's development, higher principles are involved. The *mystery* thrown around this subject is the greatest evil that can be inflicted upon the moral nature of man. In the outward world,

the elements that sustain the body are few, plain, and easily comprehended, so far as their use is concerned. So it really is in the realm of the Spirit-nature. No mysterious process is necessary, and no abstract truth is to be urged upon the understanding, as essential to the evolution of the divine element in man. That man has a spiritual nature, all mankind are inwardly conscious. This spiritual nature is related to the Universal Father, and to the *same* nature in all other beings. There is no mystery in all this; and it is truth that makes free.

Again, as mankind have a common origin, they likewise have a common *use* or end of existence. These, and similar truths, unfold the spirit and produce harmony among men. In these truths the great principles of unfolding happiness are apparent to the *most common understanding*, whatever mystery may through ignorance conceal their latent beauties.

*(continued next issue)*

\* \* \* \* \*

*The greatest cancer of the soul is guilt.  
Guilt comes from rejected desire,  
and desire is rejected by the educated brain.*

—The Wise One

# Today's View of Past Frontiers

## FROM THE PEN OF AMERICAN SPIRITUALISTS

Article taken from CENTENNIAL BOOK OF MODERN SPIRITUALISM IN AMERICA

**Henry Ward Beecher:** "We go to the grave saying a man is dead; but angels throng about him saying, 'A man is born.'"

**Prof. W. M. Lockwood:** "The philosophy of Nature belongs to no one sect, it belongs to all mankind: the Spiritualists of today, the intellect of today, espouse the cause of Spiritualism, because it is the friend of humanity, voicing the sublime truth that Nature in her elemental and primordial states is *infinitely spiritual*; that all of her modes of motion are psychic; that all things grow by invisible processes; that the human intellect is the most psychic receiver in the entire laboratory of cosmic art; that invisible modes of mental motion unite the conscious soul to the conscious soul the world over.

**Dr. George B. Warne:** "Increasing multitudes of men

and women are constantly saying of Spiritualism, 'I was blind, but now I see.'"

**Hudson Tuttle:** "Death is not a change of being. It is a change of Sphere. The Spirit, whether in the body or out of it, is the same. The man who goes out of the door of his house is the same individual that he was within. Respect the dead! Not with crepe and solemn faces, sighs and tears, but by a well-ordered life that reflects the purity of the loved ones who look down on us from the vernal heights of immortality."

**Epes Sargent:** "A pure and simple Theism — what I believe to have been the religion of Christ Himself — freed from all ecclesiastical limitations and theological subtleties, is for me the culmination of Spiritualism. 'God and Immortality' sum it all up."



## DIVINE HEALING PRAYER

I accept that the Divine Healing Power  
Is removing all obstructions  
From my mind and body  
And is restoring me to perfect  
Health, wealth and happiness.  
My heart is filled with gratitude  
For the Divine Law of Acceptance  
That is healing both present and absent ones  
Who are in need of help.  
Peace, the power that healeth,  
Is guiding my thoughts, acts and deeds,  
As God and I go hand in hand  
Living a life of joyful abundance.



## VIEWS OF OUR HEAVENLY HOME

*continued from page 8*

special motion, be the recipients of proportionally larger instalments of heat and light.

Mars is a peer and representative of the Earth in many physical particulars. But astronomers permit to Mars only half as much light and heat as the earth receives. And yet they discern through the telescope "zones of intense brightness" and belts of "varying brilliancy;" both at the poles and in different portions of the visible surface. And also they discern an ocean of asteroidal bodies moving with extraordinary speed and with many eccentricities in the space beyond the orbit of Mars; from which, however they have denied (or overlooked) that Mars should receive by induction and attraction *immense volumes of such atoms* and motions as all planets require for their growth, warmth, development, and perfection. In consequence of all this, it was difficult, as it was unnecessary, for Mars to produce satellites, save a very feeble belt of cosmical bodies.

Concerning Jupiter and Saturn, both immensely vaster than the earth and far greater and swifter travellers, considering the size of their

families, I have some recent observations to record.

But first let me remind you of another effect of motion. A world's rotation agitates its waters, and these waters, moving unceasingly and periodically to and fro, taken in connection with the sun's heat and light, also with valleys and mountain ranges, effectuate in what are termed winds, air currents, tornadoes, cyclones, etc. The warmth of the Gulf Stream, as well as its constant flowings in certain directions, have been by some minds accounted for by reference to constantly blowing hot winds and sub-oceanic currents. Let us take this warm stream simply as an illustration. Imagine now, what I have recently observed on the distant planets, that the entire Atlantic Ocean was all the year round as warm as is the Gulf Stream, which, in its warmest place, is about 85 degrees. And then extend a like supposition to the Pacific Ocean, and to all the great bodies of water. Then fancy overhead an atmosphere so atomically constituted as to absorb and retain from the sun and from surrounding bodies the purest light and the most delightful degree of heat.

*(continued next issue)*

# Spiritual Healing

by Sandy Haeberle\*

"I am spirit formless and free, whatever I think that will I be." So it is revealed by The Living Light philosophy the great truth that whatever we accept in thought is what we experience in life. What a great benefit it would be for the medical doctors and counselors to understand this concept. No longer would people have to be told that they suffer a permanent malady, or that they must continue to take certain medicines the rest of their lives. Patients accept this professional diagnosis as truth and then that is what they must experience in life.

How can one recover from any disease if he does not accept the possibility of retur-

ned health?

What the medical profession has overlooked is that by the very fact that one has accepted and contracted a disease, he also has the potential to rid himself of the condition. There is a "power greater than all the earth and sky" and all man has to do is to accept the possibility of something greater, redirect his energy or thought and claim his Divine right to perfect health. God sustains this wonderful healing; it is man, the creator of disease, who accepts its presence or its relief. Through mans "thinking is created the vehicle of the soul."

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*That that troubles us control us.*

*—The Wise One*

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*Editor's Note—The SENTINEL extends its appreciation to the many students of the Serenity concept of Spiritualism who contribute their articles to this magazine, sharing their understanding with our readers. Student articles are recognized by an asterisk.\**

## A GUIDE TO MEDIUMSHIP

*continued from page 20*

'harp on one string' too much. Physical exercise, change of scene, social company, and rest will soon restore your tone and renew your powers.

Should you be controlled to give public 'addresses' it will be best to withhold the name of the spirit who prompts or compels your utterances. Most intelligent spirits prefer to be known by their teachings rather than by the names they bore when on earth. If the addresses are eloquent and beautiful and the thoughts presented are good and true, they will be acceptable on their own merits, and would not be one bit more valuable because they were inspired by some well-known historical person. Whereas, if you announce the name of the spirit, your hearers may consider that the address does not come up to the standard of the ability displayed by that individual before he died, and may discredit and discard the good that they might otherwise have found in your utterances.

If spirits voluntarily tender you their advice upon business matters, especially if they are friends or relatives whom you know and trust, and who, when here, were capable and experienced business people, you may well give heed to their counsel, even though you may not feel it wise to follow it; but do not make a practice of going to the spirits for information regarding matters of trade or finance. Why should you expect that wise and enlightened spirits should concern themselves about stocks and shares, commerce, or manufacturing? Probably they knew but little about those things when they were here, and have no need for such knowledge over there; and it will be well for you to learn to live your own life, do your own business, and accept the ordinary duties and responsibilities which naturally devolve upon you. Let mediumship be a *part* of your education and development, not the *whole*.

*(continued next issue)*

\* \* \* \* \*

*Be ever ready and willing to share  
The part of you that's known as care,  
For the world is filled with many a creed,  
Thinking first of name and seldom of need.*

*—The Wise One*

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## A WANDERER IN THE SPIRIT LANDS

*Continued from page 4*

lower or animal life to sustain them, and they die and their bodies decay into the atmosphere. Thus as nations advance and grow more spiritual, these lower forms of life die out from the astral plane of that earth's sphere, and succeeding generations begin at first to doubt and then to deny that they ever had an existence. Only amongst those ancient religions of the East who have kept still unbroken the threads of record, are there to be found accounts of these intermediate dependent races of beings and the causes of their existence.

"These soulless elementals of earth, air, fire and water, are a class distinct from those others which I have drawn you as emanating from the debased intelligence of man's mind and the evil actions of his body. Behold now, oh! man of a Western nation, the knowledge which your philosophers and learned men have shut out and locked away as being harmful fables, till man, shut into the narrow bounds of what he can with his physical senses alone see, hear, and feel, has begun to doubt if he has any soul at all, any higher, purer, nobler self than is sustained by the sordid life of earth. See now the

multitudinous beings that surround man on every side, and ask yourself if it would not be well that he should have the knowledge which could help to keep him safe from the many pitfalls over which he walks in blind ignorance and unconsciousness of his danger. In the primitive ages of the earth man was content to look like a child for help and succor to this Heavenly Father, and God sent his angels and ministering spirits to protect his earthly children. In these latter ages man, like a full-grown troublesome youth, seeks in his self-conceit no higher help than his own, and rushes into danger with his eyes bandaged by his pride and ignorance. He scoffs at those things which he is too limited in his powers to understand, and turns aside from those who would instruct him. Because he cannot see his soul, cannot weigh it and analyze it, he says, forsooth, that man has no soul and had better enjoy this earthly life as one who shall some day die and turn to dust again, consciousness, individuality, all forever blotted out.

"Or, again in abject fear of the unknown fate before him, man takes refuge in the vague superstitions, the shadowy creeds of those who

*(continued page 32)*

# *Serenity Students*

*by Michael Haeberle\**

"Thank you, God, I am at peace." This is an affirmation of The Living Light philosophy given to us so that we may use it in order to help raise our levels of consciousness to higher levels.

We are taught that our entire lives and all of its experiences are merely revelations of our inner attitudes of mind and levels of consciousness. If we are harboring in our minds thoughts of lack and limitation then we are guaranteed that that is what we will experience. Discordant thoughts or negative thoughts bring us discordant or negative experiences.

Since much of our brain activity is subconscious, we

must strive to make a moment by moment effort to redirect our thoughts from self to the Divine. This is the great value of our affirmations. If we make the conscious effort to repeat them time and again, eventually our subconscious will begin to play them back to us.

So instead of broadcasting thoughts of self, our consciousness will be flooded with thoughts of peace, joy and happiness. A simple affirmation like, "Thank you, God, I am at peace," repeated often enough, can help change our way of thinking, and in turn change our experiences so that we may enjoy the fullness of life.

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*License tempts us through pride.*

*All things in God are good.*

*—The Wise One*

## A WANDERER IN THE SPIRIT LANDS

*continued from page 30*

profess to act as guides upon the pathway to the Unknown Land, with little more certain knowledge than man has himself.

"Thus, then, it is in pity to his wandering, struggling children that God has in these later days opened once more—and wider than ever before—the doors of communion between the two worlds. He is sending out again messengers to warn man, ambassadors, to tell him of the better way, the truer path to the happiness of a higher life, and to show him that knowledge and that power which shall yet be of right his inheritance. As the prophets of old spake, so speak these messengers now, and if they speak with clearer voice, with less veiled metaphor, it is because man is no longer in his infancy and needs now that he should be shown the reason and the science upon which his beliefs and hopes must be founded.

"Listen, then, unto this voice that calls, oh! ye toilers of the earth!" cried Hassein, turning and stretching out his hands towards a small dark ball that seemed to float far away on the horizon of our sight—a small dark globe that we knew to be the sorrowful planet called Earth. "Listen to

the voices that call to you and turn not a deaf ear, and realize ere it be too late that God is not a God of the dead but of the living, for all things are alive for evermore. Life is everywhere and in everything; even the dull earth and the hard rocks are composed of living germs, each living according to its own degree. The very air we breathe and the boundless ether of universal space are full of life, and there is not one thought we think but lives for good or ill, not one act whose image shall not live to torture or to solace the soul in the days of its release from its incarnation in an earthly form. Life is in all things, and God is the central Life of All."

Hassein paused, then in a calmer voice he said to me: "Look yonder! What would you say those things were?"

He pointed to what seemed to me at first a mass of spirit forms which came sweeping towards us as though blown by a strong wind. As they came near I saw they were evidently soulless astral envelopes, but unlike those floating wraiths I had seen haunting the man in the icy cage, these were solid, and to my spiritual sight life-like and full of animal vigor; yet they were like automatons and did

*(continued page 34)*

# In Our Thoughts

Brother

Bubba

Edmond Carrillo

Carlos Soto Esparza

Francis M. Gelardi, Jr.

Isa Goodwin

The Hansen Family

Shirley Houser

Jonquil

Frances Kent

The Lucas Family

Erick Othberg

Ricardo Lopez Roldan

Snowflake

Arthur Sosa

Britta Uppstrom

Esther Yavneh

*To send a helpful thought of joy and light to those you love  
who have passed to the higher life, list their names in this column.  
Donation of one dollar per name is requested.*

## A WANDERER IN THE SPIRIT LANDS

*continued from page 32*

not seem to possess any intelligence. They were drifting and bobbing about like buoys at sea to which boats are anchored. As they drifted close to us my friend put forth his will-force and captured one, which then remained floating in mid air.

"Now look," said he, "you will observe this is somewhat like a great living doll. It is the result of countless little living germs which man is continually throwing off from his earthly body, emanations solely of his animal or lower life, material enough when brought into contact with the magnetic forces of the astral plane, to form into these imitations of earthly men and women, and immaterial enough to be invisible to man's purely material sight, although a very small degree of clairvoyant power would enable him to see them. A stronger and higher degree of clairvoyant power would enable him to see, as you do, that this is not a true spirit envelope, since the soul principle is wanting; and a yet higher degree of clairvoyant power would show that a soul has never been in this form, and that it has never had a conscious existence as a soul's astral envelope.

"Amongst ordinary clair-

voyants the subject of astral spirits is not studied sufficiently to develop these degrees of soul-sight, therefore few clairvoyants in your earthly country could tell you whether this was a true soul-enveloping astral form or one from which the soul had departed, or yet again one in which the soul had never been present at all. Presently I shall show you an experiment with this astral form, but first observe that being such as it is, it is fresh and full of the animal life of the earth plane, and has not the collapsed appearance of those you saw before, which had once contained a soul and which were there in a state of rapid decay yet. And mark this carefully: this fresh looking astral will decay far faster than the others, for it has none of the higher principle of life clinging to it, which, in the case of an astral that has once contained a soul, often remains for a long time animating and keeping it from perfect decay. Astral forms must draw their life from a higher source (from soul germs in fact), or they soon cease to exist and crumble away."

"But," I asked, "how do they assume the shapes of men and women?"

"By the action of the spiritualized magnetic currents

*(continued page 36)*



## Children's Corner



To make a change first you have to have the thought. Then you have to decide wheather you want to go threw with the change or not. After your disition you either forget it or put the effort in to make it come true.

*Jaye Chillas, Age 13*

The church wants to help us. The church helps us by giving us discipline because the church loves us and it doesn't do it just to be mean because that it's job.

*Michael Field, Age 8*

When man is not greatful for what he has he will lose it. When man is very greatful for the crumb he has it will soon turn into a loaf.

*Jon Chillas, Age 12*

fear, it is all in the mind if you direct your energy to higer Level's you will feel Better if you think Bad you will feel Bad if you Think good you will feel good. It all depen's on what you Think.

*Lisa Toquinto, Age 10*

Befor you do somthing or say somthing listen to The Little voice inside you.

*Stacey McKenzie, Age 8*

When you say you are grateful but you really are not it is because of greed.

*Jaye Chillas, Age 13*

I like to swing becaese I go up in the are I like to swim becaese god haps me swim.

*Scott Manning, Age 8*

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*In keeping with Serenity's policy to encourage expression by all its students, this column contains the unedited articles submitted by the children attending our children's philosophy classes.—Editor*

## A WANDERER IN THE SPIRIT LANDS

*continued from page 34*

which flow through all the ether space continually, as the currents flow in the ocean. These magnetic life currents are of a more etherealized degree than those known to scientific mortals, being in fact their spiritual counterpart, and as such they act upon these cloud masses of human atoms in the same way that electricity acts upon the freezing moisture upon a window pane, forming them into the semblance of men and women as the electricity forms the freezing moisture into a likeness of trees, plants, etc. It is an acknowledged fact that electricity is an active agent in the formation of the shapes of leaves and trees, etc., in vegetable life, but few know that this refined form of magnetism has a similar share in the formation of human forms and animal life." "Are there, then, also the astral forms of animals?"

"Certainly, and very queer, grotesque combinations some of them are. I cannot show them to you now, because your powers of sight are not yet fully developed, and also because we are traveling too rapidly to enable me to develop them for you, but some day I shall show you these, as well as many other curious things relating to the

astral plane. I may tell you that atoms may be classed under different heads, and that each class will have a special attraction for others of its own kind; thus vegetable atoms will be attracted together to form astral trees and plants, while animal atoms will form into semblance of beasts, birds, etc., and human atoms into men and women's forms. In some cases, where the human beings from whom the atoms come are very low in the scale of humanity and nearly akin to animals, their atoms will blend with those of the lower forms of life and create grotesque horrible creatures which resemble at once animals and men, and having been seen by clairvoyants in a semi-trance condition are described as nightmare visions. In the earth spheres an immense amount of these living atoms are thrown off continually from man's lower or animal life, and these sustain and renew the astral forms, but were we to transport one of these shells to a planet whose spheres had been spiritualized beyond the state of material life, or in other words freed from all these lower germs, the astrals could not exist, they would become like a noxious vapor and be blown away.

*(continued next issue)*

" . . . every act and every thought is 'booked' — is recorded."

## The Blue Island

EXPERIENCES OF A NEW ARRIVAL BEYOND THE VEIL

*Communicated by W. T. Stead*

*Recorded by Pardoe Woodman & Estelle Stead*

### CHAPTER V. — INTIMATE LIFE

*Continued from last issue—*

There is good deal of reasoning and argument as to why in earth life we should do or not do this or that. Why we should refrain from many of the delights of everyday life and why we should "go straight."

People say it is handicapping in their business or their profession to have to observe these "nice points." They may not confess this thought openly, but to themselves they do—they do not see why such and such should not be done. True, they think it may injure so-and-so's business a little, but that is his affair.

All in ignorance.

There is a reason, and that reason can be very easily found by the rule of common-sense. I almost might call this a discourse upon cause and effect.

Earth life has deteriorated.

The whole scheme of creation is planned with great precision, with the object of allowing free individual development and progress. Its rules are laid down clearly. Every man knows by instinct when he is obeying and when disobeying these rules. It needs no police officer to tell him. He may deceive himself that such an act is all that it should be, but at the same time he knows in his own consciousness that that act or thought is not only not all that it should be but that it is all that it ought *not* to be. I say that all mankind knows—but most of mankind prefers to think it does not know.

Not one person on earth can stand up and say I am not speaking a profound truth here!

Mostly these things are not considered from the point of right or wrong, but from the  
*(continued page 42)*

# FABLES for young and old

## THE MULE

A Mule, who hadn't been working very hard and who was getting fat and soft idling around the field, fancied himself as a runner.

"Why, I guess I can run with the best of them," he said. "My father was a famous race horse."

But not long after that his master needed him to get

somewhere in a hurry and he rode him so fast and beat him so hard that the Mule was completely worn out. Then he changed his tune and, gasping for breath, said "I guess my father was not a race horse, but only a jackass."

**The Point:** *It isn't what our ancestors were, but what we are, which counts.*



## SURVIVAL, THE MIRACLE OF LIFE

*continued from page 13*

You can't just say, "I want to go someplace else," because when you do that, all of the obstructions that keep you where you are, they rise up. And those obstructions, they have to be worked with because you are the fathers and mothers of them. Only you, the fathers and mothers, can send them back into the seeming nothingness from which they have risen.

Make your heaven here and now. Then you will not have to be concerned about those astral realms and those mental realms. You will not

have to be concerned about the summerlands of life. You will not have to be concerned about Gabriel or meeting some great Divinity when you leave this earth realm for you will have through your efforts risen in your consciousness, and experiencing this great peace that passeth all understanding, you will have entered through the gates of heaven here and now. But remember, my friends, before the gates of heaven stand all the hissing hounds of hell. For before any victory in life, be it in the material or spiritual

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# *The Living Light*



This book contains the fundamentals of THE LIVING LIGHT philosophy, a demonstrable spiritual psychology based on the wisdom gleaned through centuries of experiences by the spirit teacher who is known simply as The Old Man. This highly illumined soul shares with us his understanding of the universal laws of life, which applied, enable us to consciously control our everyday living experiences.

THE LIVING LIGHT book is a compilation of discourses originally given to a small spiritual unfoldment class conducted by Richard P. Goodwin.

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or diplomatized Physician. It would be perfectly correct, therefore, to say — “Joshua, the physician,” to designate him among the inhabitants of Palestine; or, still more literal, “Doctor Joshua, the martyr of Calvary”—thus giving to this spiritual Essenian a just and sufficiently conspicuous position among the world’s great martyrdoms.

What can we be certain of in his early history?

Aside from the penetrations of clairvoyance, and without the testimony of spirits in daily correspondence with men, there is nothing known of Joshua’s childhood and youth.

What did the early philosophers say?

Very little; nothing reliable. Celsus, an Epicurean philosopher of the second century, testifies that Jesus (or Joshua) spent several of his childish and youthful years in one of the most densely-populated spots of Egypt; that while there, he acquired considerable intelligence — and learned the art of healing by mysterious words and manipulation; and that, after re-

turning to Palestine, he assumed a special mission, and professed to hold an incomprehensible correspondence with the Father of spirits. But Origen, a primitive Christian father, regarded Celsus as a heretic, and answered him accordingly.

What may be said concerning his reputation?

The wilderness of Judea echoed to the heald-notes of good honest John. He sowed the seed in Palestine; but expected to reap on the other side of Jordan. Joshua seemed to have had no understanding that he was the person referred to — and so, being of a religious cast of character, went like any other converted spirit “unto John to be baptized.” But John “forbade him,” and said — “I have need to be baptized of thee.” Here, doubtless, Joshua *felt the hidden voice of his mother’s dream*; and, with a beautiful grace which became his earnest soul, he baptized the prophet. And forthwith his friends had, as they supposed, reason to expect great words and greater deeds. His fame “went throughout all Syria;” because he had cured many sick.

*(continued next issue)*



## *SURVIVAL, THE MIRACLE OF LIFE*

*continued from page 38*

realms, the dues you have incurred, they must be paid. But they are never, never is the cross, never is it heavier than the so-called crown. For they are in truth one and the same thing. Life of course is dependent upon our view. And our view of course is dependent upon our attitude. It is our attitudes that change our

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*... before any victory in  
life, be it in the material  
or spiritual realms, the dues  
you have incurred, they  
must be paid.*

---

life. It's such a simple thing in truth to do. We can choose to be miserable and say it is too hot, or we can choose to say how beautiful it is, and experience that cool breeze passing through the atmosphere.

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*It is our attitudes that  
change our life.*

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Now how does man experience a cool breeze that his mind says doesn't exist? He experiences it because his mind says it doesn't exist, his mind can say it does exist. Stop and think, my friends, that's how you take control of your life. It doesn't exist because it is what you mind says. It does exist if you permit

your mind to cause it to exist. It is much easier to get support of the negative than it is the positive. And why is it easier, and why do people support the negative, the complaints, and the gripes, and the matrimonial struggles? Why do people so easily relate to the discord in life? Because it takes a little effort to make some change. They are already in the negative in some area, so they relate very quickly to the struggles of life, and how miserable everything is because to do otherwise they would have to make the effort and make some change.

Well, my good friends, we are here today and we are gone tomorrow, and we never know what moment that tomorrow is going to be. Some people, some of my students, have said that some, they carry minimum insurance in this church, in this association. And I learned that word from some of my students, and I felt it quite interesting. Because we look at religions, we have to ask ourself the question, "Am I involved in that religion because through it as an instrument I may meet people who are trying to make changes and better themselves, and I myself need a little bit of moral support in making efforts to make these changes?"

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## THE BLUE ISLAND

*continued from page 37*

view of, "shall I benefit by this?" — but I say that *all* people on earth *can* discriminate, I do not say that they do, between good and not good motive in their lives. Instinct does this for them. They cannot help themselves. They are bound to know. The trouble is that the vast majority by force of habit, the desire for business gain, or social gain, or any kind of gain, but always a gain for itself, has ceased to consider the quality of its actions and thinks only of the first result. It is a pity. It is more than that. Looked upon from the next stage in evolution it is *pitiful*. Poor undeveloped egos, preparing their own discomfort and suffering—not a hell fire but a mental torture.

The self or spirit of a man is encased in his mind, and, examined in a purely physical way, the brain is the most baffling organ of the body scientific man ever had to deal with. Much can be understood; all never will be. Judged as being the casing and instrument of the soul it becomes an even more delicate and intricate and baffling piece of work. You all know that mind is the generating house for all your acts and deeds, but you do not fully appreciate the

fact that every act and every thought is "booked" — is recorded.

You do not see the elaborate scheme of work which goes on in any of your large business houses, when you buy something and do not pay at once. It is booked and passes through many hands before the bill is sent to you a little later, and having paid the bill you forget it all, but the record of that business house has it still. So with the brain; an act or a thought, no matter what the quality, is recorded for all time. Settling will come after life, and when paid the "book" is finished with and troubles no more, though the record is still there. Now follow me. Mind and its work—thought—is the force that drives and creates everything on earth. It has all to be mental before physical or material. That you all know. Every building was conceived mentally before being built.

Thought is divided in itself into different types. There is the thought of your next meal, which is of no particular interest, and there are the thoughts constructive and destructive. These are important. There are the purely personal thoughts. Sometimes advantageous and sometimes the reverse. Now the all-important

*(continued page 44)*



**humor is the salvation of the soul**



Grandfather had just bought a small, almost-invisible hearing aid and paid a return visit to the salesman to express his satisfaction.

"I imagine your family are happy, too," said the salesman.

"Oh, they don't know I've got it yet," chortled grandpa. "And am I having fun! In the past two days I've changed my will three times!"

—Pipeline Engineer

*The Living Light Philosophy: The degree of retaliation is equal to the degree of rejection.*



## **SERENITY EVENTS**

**DINNER PARTY: OCTOBER 21, 1978 — 6:30 p.m.**

India is the country that will be honored at the October dinner party. There will be entertainment and prizes and everyone is invited to attend. Make your reservations now. The dinner will be held at the American Legion Log Cabin in San Anselmo.

**BAKE SALE: SATURDAY, OCTOBER 28, 1978 — all day**

The bake sale table will be laden with treats for Halloween. Do plan to come to The Boardwalk in Tiburon on Saturday, October 28!

## THE BLUE ISLAND

*continued from page 42*

forms of thought are the constructive and destructive. The others referring to your meals, your clothes, your appearance, your anything you like, these are not of importance until they are allowed to hinder the flow of constructive thought; when they do this the character of these same thoughts changes and becomes *destructive*.

It is the material embodiment of destructive thought

which causes most of the distress and misery in the world. The sum total goes on increasing, and will continue to increase, until mankind as a whole, and individually, will listen and try to understand a little more about himself beyond what it is necessary for him to know for the selling of his goods, and thus give fuller play to the beneficent action of constructive thought which alone can redeem and save the world. *(continued next issue)*

\* \* \* \* \*

### ***SURVIVAL, THE MIRACLE OF LIFE***

*continued from page 41*

Or, do we involve ourself in religions of this world because of the possibility, of the slightest possibility, they may know something about where I am going. And I would like to know a little something just in case it's not too pleasant a place. Well, we have got to think about that a little bit. I assure you you don't have to worry about the place you are going being pleasant or the opposite if you make the effort now to make your life pleasant. And you can make your life pleasant by stop denying the right of God and taking the power and giving it to another human being. Each

time you permit a human being to disturb your peace and goodness of life, you have denied your God, and in so doing, you shall pay the price. And we do it all the time. We

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*Each time you permit a human being to disturb your peace and goodness of life, you have denied your God, and in so doing, you shall pay the price.*

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blame outside rather than face inside. And it is the insistence of the uneducated ego to blame outside for what is going on inside that denies them the great abundant goodness of life.



